

Strengthening Communities & Preventing Substance Misuse: Opportunities for Native Youth

a webinar presented by Dallas Pettigrew, Sierra Talavera-Brown, Juli Skinner, Daniel Dickerson, Melissa Walls, & Tommy Ghost Dog

Native people are resilient. Historically, we have overcome challenges like disease, warfare, and forced relocation. However, these hardships have contributed to intergenerational trauma that continues to affect Native communities today. This impact can be seen in outcomes such as substance misuse, substance use disorder, and overdose.

Native communities are using many strategies to restore health and hope to their people. **You, as a Native teen or young adult, can be part of these solutions, both now and in your future career.**

You can support your community through a **FUTURE CAREER** in prevention science.



One of my passions is trying to educate healthcare providers, community members, and policy makers about who *real* Native Americans are and how we can, as Native professionals and researchers, help to fill the gaps of treatment and prevention needs.

Daniel Dickerson, DO, MPH (Inupiaq)
Associate Research Psychiatrist, University of California, Los Angeles



We're adding more services regarding substance use. Our families and our communities know themselves way better than we know them, so it's really important that we emphasize that they're experts in their own families.

Juli Skinner, LMSW (Ponca Tribe)
Senior Director of Behavioral Health
Cherokee Nation



Research is a toolbox of things that helps us to speak to policymakers or to people in positions of power to advocate for our communities.

Melissa Walls, PhD
(Bois Forte & Couchiching First Nation Anishinaabe)
Associate Professor, Johns Hopkins University

You can support your community **TODAY** through art, community service, and outreach.



Through the *I Strengthen My Nation Youth Challenge*, young people created drawings, paintings, photography, beadwork, and more to express the strengths that can protect Native people from substance misuse.



I Strengthen My Nation also supported projects to build community and prevent substance misuse. These included a camping retreat, a bow-making event, and peer recovery support.



We R Native (wernative.org) is a comprehensive health resource for Native youth, by Native youth. Its youth ambassadors promote positive health behaviors, host outreach events, and participate in conferences.

Want to learn more? Watch the full video at
<https://heal.nih.gov/news/events/opportunities-for-native-youth>